

2014 Pomona Invitational

April 11th, 2014 – 3:00pm
April 12th, 2014 – 9:00am
Jefferson County Stadium

Welcome to the 3rd Annual Pomona Invitational hosted by Pomona High School. This will be a two day meet with prelims for the sprints Friday along with some of the distance and field events (see schedule below).

RULES AND REGULATIONS:

The rules governing the meet are those of the National Federation of the State High School Association and The Colorado High School Activities Association. There will be prelims and finals in the field events, all races will be seeded and all races are finals. Please do not fudge entry distances. 3/16” spikes only at Jeffco Stadium.

STATE QUALIFYING MEET:

This meet is a qualifier for the state track meet and all rules and regulations pertaining to such a meet will be followed (uniforms, jewelry, etc.). You will be allowed three (3) entries per event. Only one relay team per school please.

COACHES MEETING:

There will be a coaches meeting at 2:30 (Fri) and 8:30 (Sat) at the start line. NO ADDS WILL BE ALLOWED. This will be strictly enforced.

SCORING: 10-8-7-6-5-4-3-2-1 (Nine Places)

AWARDS:

Trophies	1 st Boys and Girls
Medals	1 st - 3 rd Place
Ribbons	4 th - 6 th Place
Plaques	Boys/Girls Track/Field MVP

ENTRY FEES: \$300 per school. Please make checks payable to:
POMONA TRACK & FIELD by April 1st. Jeffco schools
deposit into account #: SR030-450000-78000-1777

ENTRIES DUE: No later than **THURSDAY, APRIL 10th at 8pm.**
NO ENTRIES WILL BE ACCEPTED AFTER THIS TIME!

Entries will be submitted through the normal statewide process (milesplit).

ADDITIONAL INFORMATION:

- No athletes or coaches will be allowed on the infield during the meet unless they are competing or warming up for the next event in the warm up area.
- Athletes are to report to the check in area at the first call prior to the event by the starting points on the infield.
- Athletes can pick up ribbons North of the press box 15 minutes after the completion of their event.
- Tents may only be set up on the top row of bleachers, first come first serve.
- Concessions will be available.
- A trainer will be available for treatment of injuries.
- In case of poor weather, call (720) 320-7058 (Jeff Donnel) or check the Pomona Track web site:
<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=14416>
- Starting heights/minimum marks:
 - Pole Vault – 9’ boys, 7’ girls
 - High Jump – 5’6 boys, 4’6 girls
 - Long Jump – 17’ boys, 14’ girls
 - Triple Jump – 37’ boys, 28’ girls
 - Shot Put – 38’ boys, 28’ girls
 - Discus – 100’ boys, 80’ girls
 - There will be no courtesy mark on the last trial.
- A time schedule is on the following page.
- Keep in mind the slow heats of the 3200 will be run simultaneously with two starting lines (the slowest heat will run in lanes 4 and out with a head start. If you were here last year, you remember how it works.

TIME SCHEDULE:

3:00 PM Friday	BOYS LONG JUMP GIRLS TRIPLE JUMP GIRLS HIGH JUMP GIRLS PV GIRLS SHOT PUT BOYS DISCUS	9:00 AM Saturday	BOYS TRIPLE JUMP GIRLS LONG JUMP BOYS PV BOYS SHOT PUT GIRLS DISCUS BOYS HIGH JUMP
		11:00 AM Saturday	

Friday Prelims and Finals

3:00 PM	100 HURDLE PRELIMS	GIRLS
	110 HURDLE PRELIMS	BOYS
3:50 PM	100 M DASH PRELIMS	GIRLS
	100 M DASH PRELIMS	BOYS
4:50 PM	4 X 800 M RELAY (FINAL)	GIRLS
	4 X 800 M RELAY (FINAL)	BOYS
5:20 PM	400 M DASH PRELIMS	GIRLS
	400 M DASH PRELIMS	BOYS
6:20 PM	300 M HURDLE PRELIMS	GIRLS
	300 M HURDLE PRELIMS	BOYS
7:10 PM	3200 M RUN (FINAL - FAST)	GIRLS
	3200 M RUN (FINAL - FAST)	BOYS
7:50 PM	200 M DASH PRELIMS	GIRLS
	200 M DASH PRELIMS	BOYS

**The above schedule is a rolling schedule
so if we get ahead we will stay ahead!**

Saturday (All races are finals):

9:00 AM	800 M MEDLEY (1-1-2-4)	GIRLS
9:15 AM	100 M HURDLES	GIRLS
9:20 AM	110 M HIGH HURDLES	BOYS
9:30 AM	100 M DASH	GIRLS
9:35 AM	100 M DASH	BOYS
	15 MINUTE BREAK (if necessary)	
9:50 AM	4 X 200 M RELAY	GIRLS
10:00 AM	4 X 200 M RELAY	BOYS
10:15 AM	1600 M RUN	GIRLS
10:40 AM	1600 M RUN	BOYS
11:00 AM	4 X 100 M RELAY	GIRLS
11:10 AM	4 X 100 M RELAY	BOYS
11:20 AM	400 M DASH	GIRLS
11:25 AM	400 M DASH	BOYS
	15 MINUTE BREAK (if necessary)	
11:45 AM	300 M HURDLES	GIRLS
11:50 AM	300 M HURDLES	BOYS
12:00 PM	800 M RUN	GIRLS
12:20 PM	800 M RUN	BOYS
12:40 PM	200 M DASH	GIRLS
12:45 PM	200 M DASH	BOYS
12:50 PM	3200 M RUN (FINAL - SLOW)	GIRLS
1:10 PM	3200 M RUN (FINAL - SLOW)	BOYS
1:30 PM	4 X 400 M RELAY	GIRLS
1:50 PM	4 X 400 M RELAY	BOYS

*LJ (NORTH RUNWAY)
*TJ (SOUTH RUNWAY)

*LJ, TJ, DT, SP, TOP 9 TO FINALS IMMEDIATELY
FOLLOWING PRELIMS

*WEIGH IN FOR PV, SP, DT WILL BE AT 2:30 PM AND
8:30 AM BY THE PRESSBOX

**We will try to hold as close to this
schedule as possible!**